

# **Mental Health week 2025 - In Aid of Health & Wellbeing**

## **Week 13th to 17th October**

**CSPE:** First Year classes to take part in outside clean up  
2nd/3rd years: Mock election in class

**SPHE:** Walk and Talk

**Sphe First year only:** Social Media presentation by Mary and Aoife

### **Tuesday:**

Financial Wellbeing Talk from the Credit Union for TY students

- Magone, Mazzerolla and half Viguna- 940-1040
- Bosco and Savio and half Vicuna- 1040=1140

### **Wednesday:**

- Mental Health Presentation for all classes- received by email
- Breast awareness Talks Ty Girls
- Magone/Mazzarello and Vicuna: 1020-1140  
Savio and Bosco 12-120.

### **Thursday/Friday**

**Open day for 5th& 6th - TUS. Mary I, UL**

### **Friday**

- Bake sale
- Colours Day for all in aid of Health and Wellbeing

### **Gratitude moments**

Classes will be asked to complete three things they are grateful for at the end of class during mental health week.

Monday - 6th yr, tuesday-5th yr, wed - 3rd/TY, thursday-2nd yr, friday-1st yr

TY students will collect at the end of each day.

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### **Friday 24th October**

**Sixth Year Halloween Dress up- parade at 9.40**